



HIIT/Small Group Training

CHANNELSIDE

Week of 04/21/25
*HZ / HIITZone

	MONDAY, 04/21/25	TUESDAY, 04/22/25	WEDNESDAY, 04/23/25	THURSDAY, 04/24/25	FRIDAY, 04/25/25	SATURDAY, 04/26/25	SUNDAY, 04/27/25
MORNING 	Superset HIIT (HIITZone) - HZ* 6:15 - 45m Naeema N	Dropset HIIT (HIITZone) - HZ* 6:15 - 45m Naeema N	Superset HIIT (HIITZone) - HZ* 7:00 - 45m Thanecha		BuildHIIT(HIITZone) - HZ* 6:15 - 45m Katharine W		
MID-DAY 							
EVENING 	HIIT The Bells (HIITZone) - HZ* 7:00 - 60m Tracey R			CircHIIT (HIITZone) - HZ* 6:15 - 45m Jirina H			



CLASS DESCRIPTIONS

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Visit crunch.com for online schedules and club information. This schedule is subject to change

1120 E Kennedy Blvd | 813.443.9102

Mon - Thu: 5:00am - 11:00pm Friday: 5:00am - 10:00pm Sat - Sun: 7:00am - 7:00pm

BuildHIIT(HIITZone): The BUILD HIIT class is designed to take your workout and abilities to the next level. It's a progressive workout effort carefully created to improve strength, balance, increased heart rate, lung efficiency and muscle endurance.}

CircHIIT (HIITZone): Get electrified in this turf-based, circuit training spectacular! Charge the circuit, amplify, then supercharge your efforts with circuit-breaker athletic and reaction drills in between each round for high performance cross-training benefits.}

Dropset HIIT (HIITZone): Plan to fail in this dynamic drop set training strength-based class designed to build strength and maximum muscle in no time! Run the rack for each exercise, then prep for the next station with a core set to strengthen and stabilize your midsection. Set a goal, then grunt, grind and grit your way to your strongest body yet!}

HIIT The Bells (HIITZone): Take it to the turf for this seriously STRONG format that builds metabolism-boosting muscle. Your body will hum when these bells start clanging; grueling rounds of work using kettlebells, dumbbells and barbells deliver ironclad results. Don't just hit these bells; annihilate them!}

Superset HIIT (HIITZone): Take Strong to the next level! This unique HIITZone class utilizes supersets to challenge your strength, endurance and skill. Superset HIIT is designed to take your strength workout to the next level while incorporating a "super strength" challenge at every station.}